

Spring into Shape with Integra Health



April is IBS month!

Abdominal pain? Discomfort? Bloating? Bowel function irregularities? These could all be symptoms of Irritable Bowel Syndrome, aka IBS.

According to the Canadian Society of Intestinal Research, in Canada, IBS is the 2nd leading cause of absenteeism from work or school, behind the common cold. Take ownership of your symptoms! See our Registered Dietitian today for a complimentary 15-min consult and have your symptoms assessed. She offers tips and tricks to get those symptoms under control and get you back to eating the foods you love!

online booking now available!



Jenifer Tharani, RD

**WANT TO KNOW MORE ABOUT IBS?
CLICK HERE TO VISIT THE GI SOCIETY'S
RESEARCH PAGE FOR MORE INFORMATION.**

KEEP READING!

**to find out what we have going on this month
and some great collaborations that benefit
YOU!**



SPECIAL ANNOUNCEMENT

Thanks to everyone who filled out our Dietitian survey! We listened to your feedback and are thrilled to announce the launch of our BRAND NEW **lifestyle and weight loss program** coming mid-April

THE POWER OF ROUTINE!

Hosted by Registered Dietitian, Jenifer Tharani,
this six-week online course includes:

- an initial and final in-person assessment
at Integra Exchange
- weekly Q&A's with Jenifer
- interactive content including:
videos and self-assessments
- guiding resources if you feel lost (...it happens)

and so much more, to keep you healthy and motivated throughout the
entire program and beyond.

Challenge yourself to be the healthiest you can be!

*Keep an eye out for our launch email going out later this
month and be sure to register early as space is limited.*

OUR EVENTS

Coming this month

Manual Therapy - Spring Back into Action!

April 17, 2019

12pm - Exchange Tower

This hands on manual workshop will focus on helping you treat and prevent muscle aches that occur post everyday activities such as exercise, desk work, sports, and so much more! Our Chiropractic and Physiotherapy team will manually show you some great approaches to alleviate your pains in our signature one-on-one mini session.



Our **SIGNATURE** Workshop!

Register now!



Save your spot!

Concussions & Vertigo

April 25, 2019

12pm - Exchange Tower

Have you had a concussion in the past and still dealing with symptoms such as headache, dizziness, sensitivity to light and sound, nausea, fatigue, or fogginess? You might be dealing with post-concussion syndrome. It is crucial to manage concussions promptly and appropriately until complete recovery to avoid reinjury. Join Sarah Hull to find out more!



JOIN OUR MAILING LIST AND NEVER MISS A BEAT!

STAY TUNED FOR OUR "**ALL ABOUT RUNNERS**" TALK WITH NEWBALANCE & CHIROPODIST AMANDA BIRCH - COVERING FOOT PAIN AND CARE, HOW TO TREAT SYMPTOMS, YOUR GAIT, ORTHOTICS, SHOE FIT, AND MORE.

If you are currently suffering from nagging back pain here are some **POWER** tips to help.



Joint mobility exercises assist with Joint pain.
Acupuncture and Chiropractic care alleviate Disc pain.
Stretches that induce flexion relieve Pelvic pain.
Yoga or Massage Therapy can relax Muscle pain.

Read the full article from our very own Award Winning Chiropractor and Acupuncturist, Dr. Nekessa Remy [HERE!](#)

INTEGRA HEALTH CENTRE

Work Hard. Live Well.

PLEASE NOTE THAT EFFECTIVE APRIL 1, 2019 WE ARE INCREASING THE RATES OF OUR ALLIED HEALTH SERVICES.

THIS RATE INCREASE IS MINIMAL, FALLS WITHIN THE GUIDELINES OF EACH RESPECTIVE COLLEGE, AND ENSURES THAT OUR PRACTITIONERS ARE ABLE TO CONTINUOUSLY PROVIDE EXCEPTIONAL CARE FOR ALL OUR CLIENTS WITH UP TO DATE KNOWLEDGE, TREATMENTS, AND TECHNOLOGY.

LEAVE US SOME LOVE

click [HERE](#) to leave us some feedback.

Exchange Tower - Commerce Court



**Referral
Magic** 

KNOW SOMEONE
THAT NEEDS US?

*click [HERE](#) to refer family & friends
and find out what's in it for you!*

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